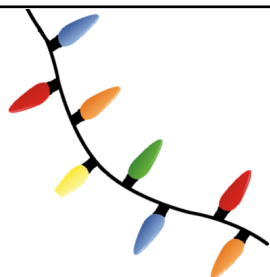




# BAR HILL NEWS

Brought to you by the Bar Hill Residents' Association  
November 2019 Issue 609

## Bar Hill Community Market



**Saturday 2nd November**  
**In the Octagon 10.30am – 2pm**

## Christmas Market

**Saturday 7th December**  
**In the Church - 10.30am - 2pm**

Many stalls, cakes, homemade crafts  
Refreshments with mince pies and soup at  
lunchtime.

Find the Snowman hunt for the children at  
the Christmas market.

For more details contact

**Karen 01954 781085**

([bar.hill.community.market@gmail.com](mailto:bar.hill.community.market@gmail.com))

Facebook - Bar Hill  
Community Market

[http://bit.ly/](http://bit.ly/BHCommunityMarket)

BHCommunityMarket

Profits from the market go  
towards our Community  
and Charity projects.



**Cambridge  
breast cancer  
now**

See Page 38  
for updated  
walk details  
(due to  
heavy Rain).

## Bar Hill Neighbourhood Watch

"Helping to build a  
stronger community to  
combat crime and  
antisocial behaviour."

The Neighbourhood  
watch needs you!. Help  
to keep our village safe  
by joining our team  
today.



To contact the Neighbourhood watch in Bar  
Hill you can email [nhwinbarhill@yahoo.co.uk](mailto:nhwinbarhill@yahoo.co.uk)

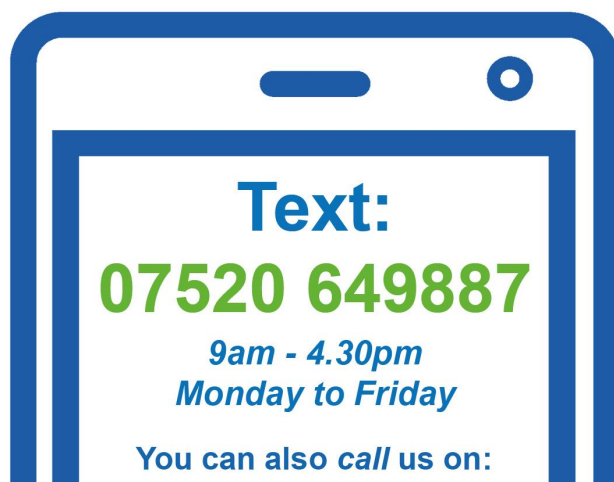
To keep up to date on the latest  
developments please join us on facebook:  
<http://bit.ly/FBBarHillNHW> (or search for  
"Bar hill NHW")

Remember to ring 999 where a crime is in  
progress or 101 to report any suspicious  
activity.



## Cambridgeshire and Peterborough Healthy Child Programme

*Are you a parent or carer?  
You can now TEXT US for advice  
and help with children and young people...*



**Text:**

**07520 649887**

*9am - 4.30pm  
Monday to Friday*

*You can also call us on:*

**Cambs: 0300 029 50 50**

Deadline for next issue is 15th of the month (although the earlier the better!), please send  
submissions to [bheditor@yahoo.com](mailto:bheditor@yahoo.com) or see inside for other contacts.

## - BAR HILL RESIDENTS' ASSOCIATION -

### 2018-19 COMMITTEE:

Chair	Roger Hall	01954 780 304	
Vice Chair	Kate DaCosta		<a href="mailto:kjdacosta@outlook.com">kjdacosta@outlook.com</a>
Secretary	Karen Hayden		<a href="mailto:kfmh123@gmail.com">kfmh123@gmail.com</a>
Treasurer	Ann Bensted		<a href="mailto:ab10034@cam.ac.uk">ab10034@cam.ac.uk</a>
Data Prot. Officer	Richard Hayden	07462 724 706	<a href="mailto:rxh321@gmail.com">rxh321@gmail.com</a>
	Bunty Waters	01954 201 421	<a href="mailto:bunty.waters@ntlworld.com">bunty.waters@ntlworld.com</a>
	Mike Nelson		<a href="mailto:mike@machineconcepts.co.uk">mike@machineconcepts.co.uk</a>
	Jo Hall	01954 780 304	
	Hilary Whipp		<a href="mailto:hilary.whipp1@gmail.com">hilary.whipp1@gmail.com</a>
	Laura Chapman		<a href="mailto:laura.katy.foster@gmail.com">laura.katy.foster@gmail.com</a>
	Amber Neale		<a href="mailto:amberscott2015@gmail.com">amberscott2015@gmail.com</a>
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Advertising Co-ordinator:	Anne Bensted		<a href="mailto:ab10034@cam.ac.uk">ab10034@cam.ac.uk</a>

The objectives of the Association are to act as an intermediary between residents and other parties, to keep residents informed of matters of importance around the village, and to promote the interests of Bar Hill.

Opinions expressed in this publication are not necessarily those of the Association.

Anonymous letters will not be published. Names and addresses may be withheld.

### ADVERTISING RATES

Please see the Bar Hill Residents Association Facebook Page ([facebook.com/barhillra/](https://facebook.com/barhillra/)) or contact the Advertising co-ordinator (see above).

### EDITORIAL

There is no charge for Articles, What's On, For Sale or Lost and Found. These appear at the Editor's discretion. Please submit items by 15th of the month. [Items offered For Sale will be advertised in two consecutive editions, so please let the Editor know if the item(s) sell.] All items can be submitted electronically on disk or to **bhneditor@yahoo.com**.

### Help To Save Lives In Bar Hill!

We are looking for people to become Community First Responders in Bar Hill

There are Community First responder Groups all over Cambridgeshire. The idea behind the scheme is a simple one... local people can get to local emergencies very quickly because they are just around the corner. Time is a very important factor and ambulances can't be everywhere at once.

#### Why do we need First Responders?

The first eight minutes are the most vital for a collapsed person and if we can get someone who is trained in First aid and the use of a defibrillator to that patient then their chances of survival increase significantly.

By providing relatively simple medical treatment quickly, Community First

Responders can literally make the difference between life and

death

#### Who can join and what does it involve?

First Responders must:

- Be over 18 and under 70
- Have a current driving licence (and car)
- Complete a course and competency test
- Be medically and physically fit
- Agree to a Criminal Records check.

Once your training has been completed you join your the scheme's rota. This means having the kit bag and being available to respond when the control centre calls you.

First Responders attend local emergencies such as chest pains, cardiac arrest, breathing problems, strokes and fainting. They do not attend trauma, road traffic accidents or children under the age of 8.

More information is available at [www.eastamb.nhs.uk/join-the-team/community-first-responders](http://www.eastamb.nhs.uk/join-the-team/community-first-responders)

## Bar Hill PTA: Personalised Letter from Santa!

The PTA is offering you the opportunity to order your child a personalised letter from Santa for only £4.

Each letter mentions the child's name and some personal details – they'll be amazed that Santa knows so much about them! The letters will be hand delivered through your door in time for Christmas (or sent by first class post for any deliveries outside Bar Hill).

Our PTA Elves will be co-ordinating the letters and will arrange for siblings to each get a different worded letter. They are also happy to receive orders for children not at the school, either older or younger. Please complete one order form per child. Forms can be printed or collected from the school office.

If you would like your child to receive a letter from Santa please email

[PTA@barhillprimary.org](mailto:PTA@barhillprimary.org) for the form and return it with the correct payment direct to the school office by Friday 6th December.



### SEWING SERVICE

If you have a sewing job you can't face, call Lyn on **01954 201113**.



*maths and English  
tuition*

### First Class Learning BAR HILL/ CAMBOURNE

- National Curriculum focussed
- Maths and English teaching that fits your child
- Creative, personalised and hands on approach
- An exciting environment where effort is rewarded
- Trusted by schools and teachers.

BOOK A FREE ASSESSMENT CONTACT US ON **07448 402 860** or **07739 408 780**

[cambourne@firstclasslearning.co.uk](mailto:cambourne@firstclasslearning.co.uk)



Bar Hill Library  
Gladeside, Bar Hill  
Cambridge.CB23 8DY  
0345 045 5225

### Library Opening Times

<b>Monday</b>	<b>10am - 5pm</b>
<b>Tuesday</b>	<b>2pm to 5pm</b>
<b>Wednesday</b>	<b>10am - 5pm</b>
<b>Thursday</b>	<b>Closed</b>
<b>Friday</b>	<b>2pm to 5pm</b>
<b>Saturday</b>	<b>9:30am - 12:30pm</b>
<b>Sunday</b>	<b>Closed</b>

**You'll be surprised what's in your library ...**

[www.cambridgeshire.gov.uk/library](http://www.cambridgeshire.gov.uk/library)

### BAR HILL, A SOCIAL HISTORY

**1949-2004 By Roger Hall**

Copies are still available, priced £10, from  
Roger Hall, 11 Almond Grove

**T: 01954 80304 or M: 07986 415244**

## LETTERS TO THE EDITOR

**Dear Ms Dooley and Ms Beale,**

I and many other residents of Bar Hill are extremely upset that the beautiful mature Horse Chestnut Tree on the school field alongside the Spine Path has been felled. It is common knowledge that trees play a vital part in environmental stability and the felling of a healthy mature tree in a county that has few trees compared to many parts of the country is a great loss.

I ask that you and governors of Bar Hill Primary School do all you can to ensure all other trees on School property are carefully maintained for the future benefit of us all. Hopefully you will be able to plant other trees to make up for the destruction of a beautiful healthy mature tree.

Yours sincerely

Diana Reynolds, Hollytrees

[ **Editors Note:** An update from the school will hopefully be included in a future issue ]

**Dear Bar Hill Community,**

The Bar Hill Community Market had a great time celebrating its 10th year last month!

We have been raising money for community projects over this time and have given approximately £7,500 to various projects and groups.

We wish to thank all who have attended as stallholders, organisations who have raised funds through helping serve refreshments and all who have been customers.

Also, a big thanks to the Church for helping us as well!

We hope to continue for as long as we can with this community event and hope to see you all over the Christmas months, as we have lots of new stallholders attending along with, in December our Snowman hunt for the children.

For more information please contact me on **01954 781085.**

Yours sincerely

Karen Austen, Foxhollow

**Dear BHN & Bar Hill Community,**

I'd like to take this opportunity to formally thank the Bar Hill Fete and Festival Committee for their hard work and commitment in ensuring we had a 2019 Fete in the village. I had the privilege of chairing this group of lovely and motivated people. With the support of the underwriting of the event by the Residents Association through adverts in the BHN and numerous local business supporting donations, despite the rain, I think it was a real success. A lot of work goes into an event, so in a year when many other village events in neighbouring villages didn't happen due to lack of volunteers I'm so proud that in Bar Hill we managed to make it happen. Now – to 2020! We had such a good time we are now already planning Bar Hill Fete and Festival 2020, and it's on the 4th July so we're going All American! If you could lend some time in helping to organise this great community event please join us at our next meeting – Tuesday 12th November, Sports and Social Club, 7.30pm. Any, big or small, is very much appreciated.

Kate Da Costa, Hillcrest

## SING IT OUT

### COMMUNITY CHOIR

Weekly on Mondays From 7.30 - 8.30pm in the Octagon

If you enjoy singing popular songs/musicals then you will be very welcome to join us.

If you need more information please email Mel Stamp at [singitout@virginmedia.com](mailto:singitout@virginmedia.com)

### MEMORIAL GARDEN

The garden is a community space for the whole village to use and enjoy, if anyone would like to contribute to the upkeep donations would be very welcome. Please feel free to help keep the garden tidy if you are visiting! Cambridge Building Society, Bar Hill A/C No; 1768402740





## BAR HILL PARISH COUNCIL

Parish Council Office, Hanover Close, Bar Hill. CB23 8EH

01954 780456 - [clerk@barhillpc.org.uk](mailto:clerk@barhillpc.org.uk)

Chairperson: [bunty.waters@barhillpc.org.uk](mailto:bunty.waters@barhillpc.org.uk)



### Parish Councillor Vacancy

Could you spare a few hours a week to help your community?

- be a voice for the Community and attend monthly meetings of the Council plus Committees to help decide what activities to support and on what to spend money locally
- help with the management and maintenance of the Council's assets (buildings, open spaces, play areas etc)
- be a consultee eg planning applications, health services, transport, and a number of other National, County and District issues and policies
- help with fulfilling the Council's statutory responsibilities

Requires energy, enthusiasm, commitment and a genuine interest in the future of Bar Hill, with a desire to make improvements for the benefit of our community.

To qualify you must be a British and/or commonwealth subject or European national or Ireland and attained the age of 18 years and

- on that day is and thereafter continues to be a local government elector for the area of the Authority; and/or
- has during the whole 12 months preceding that day occupied as owner or tenant any land or other premises in the area; and/or
- his or her principal or only place of work during that 12 months has been in the area; or
- during the whole 12 months has resided in that area; and/or
- during the whole 12 months has resided in the Parish or within 4.8km (3miles) of it
- free of either a criminal record or bankruptcy (see also Section 80 of the Local Government Act 1972 regarding disqualification)

Contact the Parish Council office on 01954 780456 or email [clerk@barhillpc.org.uk](mailto:clerk@barhillpc.org.uk)

Expression of interest letters to be submitted by Monday 11 November 2019 setting out your interest, skills and abilities to contribute to the role of the Council (approx. 100 words).

Thank you to everyone who has been able to tidy up the areas just over their fences or where trees and shrubs and hedges have been overhanging the footway. This is very much appreciated.

Anyone interested in volunteering to undertake gritting paths etc around the village under Cambridgeshire County Council led scheme? Contact Clerk for details. This is in addition to the grit bins that are located around the village which the County Council keep filled for residents to use as and when required during freezing/snowy weather

The Council normally meets on the 3rd Thursday of the month except August when there are no meetings. The Environment and Amenities Committee generally meets bi-monthly but this does very much depend on business requirements. A calendar of dates is published on the website, together with agendas (at least 3 clear days before the meeting) [www.barhillpc.org.uk](http://www.barhillpc.org.uk), and on the noticeboard at the Council offices, near the Octagon and Church, Hanover Close. There is a public forum session totalling up to 15 minutes at each meeting, where the people may attend to speak to all the members of the Council on any item on the agenda.

### Meet your Councillor Drop in Sessions for Residents

Share your views – ideas - concerns

Monday 10 am to 12 noon on 25/Nov/ 2019

Next Environment and Amenities Committee Meeting - Wednesday 6 November 2019

Next Full Council meeting Thursday 21 November 2019

## Services during November

Sunday 3 Nov	10:00 am	Holy Communion (Methodist)
	6:00 pm	Informal Worship
Sunday 10 Nov	10:00 am	Remembrance Service
Wednesday 13 Nov	10:00 am	Midweek Holy Communion
Sunday 17 Nov	10:00 am	Holy Communion (Baptist)
Sunday 24 Nov	10:00 am	Morning Worship



## Social Calendar for November

Olive Tree Bereavement Support Group

Saturday 16 November 10:30-11:30 am in the Meetings Room

Knit & Natter every Thursday 1:15-3:00 pm in the Octagon

(Contact Sue 01954 780260)

Coffee Stop every Wednesday 10:00 am-Noon in the Library

(Contact Sue 01954 780260)

Art Group every Wednesday (except the third of the month) 1:30-4:00 pm in the Octagon (Contact Jan 01954 201495)

Messy Church Wednesday 20 November in the Octagon 3:15-5:15pm

(Contact Peter by text 07586 249966)

Bring Your Own Craft Group Saturday 23 November 2:00 pm in the Octagon

(Contact Karen 01954 781085)

Open Prayer every Thursday morning in the Worship Hall 9:15am-10:00am

(Contact Ginny 01954 789206)

## Church Contacts

Church Office      Ian Pryke      01954 206120

office@barhillchurch.org.uk

Minister              Rev Charles Mather 01954 277119

Charlesmather20@yahoo.com

Address              Bar Hill Church Centre, Hanover Close, Bar Hill, Cambridge  
CB23 8EH

Website      <https://barhillchurch.org.uk>

Facebook      <https://facebook.com/barhillchurch>

# Remembrance Sunday

## 10 November at 10:00 am

Each year on the second Sunday of November we observe Remembrance Sunday to commemorate the contribution of British and Commonwealth military and civilian servicemen and women made during the two World Wars and later conflicts. Our service incorporates an observation of two minutes silence at 11:00 am. All are welcome.



Have you received your South Cambs Magazine?

### **Bourne Airfield Village Adopted**

Councillors have approved a plan for a thriving new village at Bourn Airfield after more than 300 views from a recent public consultation were considered.

South Cambridgeshire District Council's Local Plan, which was adopted last year, allocates land south of the A428 at Bourn Airfield for a new community of around 3,500 homes along with facilities and transport links.

Earlier this year, the Council asked people to comment on a Supplementary Planning Document (SPD) which will provide extra detail and guidance about how the new village will come forward. The SPD will be used to help assess planning applications for the site.

A six-week consultation into the SPD was held in June and July, with 71 people and organisations having their say. Three local drop-in events were also held to help people comment. All responses were looked at and a schedule of changes were agreed by Councillors at a Cabinet meeting today (Wednesday 2 October).

The updates will be added to the final SPD which has now been adopted.

### **Criminals Targeting People With Universal Credit Scam**

I wanted to make residents aware of the following scam as it could be affecting people within Bar Hill. Please see below how the fraud is taking place and how we can all advise residents to protect themselves.

Action Fraud has received 63 reports about a scam in which fraudsters target people with offers of "low cost" loans or "free" government grants. What the victims aren't told is that the money they'll receive is actually an advance payment for Universal Credit. The criminals use the personal

information they've obtained under false pretences to make an application in the victim's name. After the fraudsters have taken their "fee" from the advance payment, the victim is then left to pay back the total amount once their repayments begin.

#### **How you can protect yourself:**

- Never share your personal or financial information with someone you don't know and trust, especially if it's in response to an offer of "free money" or a "free grant"
- Department for Work & Pensions (DWP) staff will never approach you in the street or ask for your personal/financial details over social media.
- If you have concerns about your benefits, you should visit [www.gov.uk/contact-jobcentre-plus](http://www.gov.uk/contact-jobcentre-plus)
- If you suspect your identity may have been stolen, you can check your credit rating quickly and easily online.

### **Food Waste and Paper Liners**

Information about food waste, paper liners and how you can get your own free kitchen caddy

[scambs.gov.uk/food-waste-and-paper-liners](http://scambs.gov.uk/food-waste-and-paper-liners)

If you would like one please contact me and I can get them from South Cambs, the very good paper liners are £3 for 50, well worth it.

### **"My South Cambs" web portal**

The Council has created a new service called My South Cambs, which is available at:

[mysouthcambs.scambs.gov.uk](http://mysouthcambs.scambs.gov.uk).

There are nine categories of personalised information that can be viewed: council tax, benefits, bins & recycling, elections (e.g. polling places), planning, environment (e.g. fly-tipping, abandoned vehicles, dog fouling and noise), highways, complaints and the customer portal itself.

The functionality is still at an early stage, but will improve over time.

## BAR HILL HEALTH WALKS

Free Every Wednesday Morning

Meet at Maple Surgery at 10.30am

Our walks are all weather (in case of rain you will find us under the Church porch), free, and accessible to all, particularly those who are currently inactive.

Walks are 45–60 minutes long, and led by trained Volunteer Walk Leaders. Shorter walks may be available; contact Josephine to discuss.

We meet locally after the walk for a hot drink and a chat. This is usually in the library, but may sometimes be at Costa, Tesco, or the Fox.

If this is your first walk please arrive 10 minutes early to complete a short health questionnaire. Copies are available on the PPG noticeboard in Maple Surgery, and at [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk).

Contact: Josephine Powell T: 07901 558108; E: [jopowell45@hotmail.com](mailto:jopowell45@hotmail.com).

## BAR HILL SPORTS & SOCIAL CLUB



The Sports and Social Club is situated on the top floor of the Village Hall. You can watch live sports on our two large HD TV screens, play pool, darts, skittles, cribbage, or enjoy a drink in our quiet lounge bar.

Food available Friday & Saturday 4-10pm; Sunday 2-8pm.

### Upcoming Events

**Sat 2nd Nov:** Kids Halloween disco 5 til 7pm, prizes for the best dressed!

**Sat 16th Nov:** Rat Pack, Michael Bublé and Robbie Williams Tribute act, £5 per person. Tickets available from the bar

**Sat 7th Dec:** Italian food night, £12 per person. Tickets available from the bar.

Members treasure chest draw nights are on the 2nd, 16th & 30th of November. Any enquiries please contact [sarah.whitfield8@googlemail.com](mailto:sarah.whitfield8@googlemail.com)

### Not a Member?

Join now for £10, Seniors £5.

## Male & Female Toiletries

Arthur Rank House urgently needs male and female toiletries. Any donations will be appreciated!

Please deliver to Jo Hall, 11 Almond Grove (01954 780304).



Arthur Rank Hospice Charity

*making every moment count*

## Over Day Centre

The Over Day Centre Association provides care catering to individual needs, in a friendly, engaging and health & safety conscious environment.



We support individuals to maintain social interaction and to stay as independent and active as possible with opportunities to make new friends and participate in enjoyable activities. The service provides much needed support and respite for families caring for a loved one.

Currently it costs £21 per day to attend including a hot 2-course lunch and all drinks and morning & afternoon snacks. The minibus (with wheelchair lift) will collect from home at no charge.

For further information please contact The Over Day Centre Association on **01954 231807** or email [care@overdaycentre.co.uk](mailto:care@overdaycentre.co.uk)

## BIN COLLECTION

Here are the dates for the next few weeks bin collections for Bar Hill;

	Black	Blue/ Green
Thu, 31 Oct 2019	✓	
Thu, 7 Nov 2019		✓✓
Thu, 14 Nov 2019	✓	
Thu, 21 Nov 2019		✓✓
Thu, 28 Nov 2019	✓	



## NWR CONNECTING WOMEN WHO ARE INTERESTED IN EVERYTHING AND TALK ABOUT ANYTHING

NWR is a national women's organisation with members who enjoy lively conversations both serious and light-hearted. It is for women of all ages who like to be informed and share ideas by actively participating in the content of meetings. We promote friendship and self-confidence for lively minded women. We invite you to join us. Come along to one of our meetings – you'd be very welcome.



**31-OCT: POLAND** - History, culture, food, geography etc.

The Bar Hill group meets in members' homes on alternate Thursday evenings at 8pm. We pay an annual fee of £23 and just £1 per meeting to cover local costs.

For more information please call Karen Hayden (Local Organiser) on **01954 781843** or Kaye Fuller (Deputy) on **01954 782403**.

NWR can also be found on [www.nwr.org.uk](http://www.nwr.org.uk). Why not have a look!

**FOR SALE: Hoover 2000w upright carpet cleaner** pets bagless. Good working order - £30, Conservatory electric heater, mobile standing - good condition - £15, and Work mate Bench - £15

Phone: **01954 204327**

## FAMILY HISTORY SESSIONS BAR HILL LIBRARY

Caroline Norton, from the Cambridgeshire Family History Society will be running a drop-in session on 18th November from 10am – 4pm (Monday).

Caroline is a very experienced researcher and can help with getting started, finding ways to move on if you've got 'stuck' and advice on resources and websites to use.

Why not come down and see if she can help. It's free!

## WILDLIFE TRUST

### Huntingdonshire Local Group The Marine World – A Natural History of Ocean Life



The Wildlife Trust invites you to listen to a talk on Wednesday 13th

November 2019 at 7.30pm. Dr. Frances Dipper is an author,

lecturer and independent marine consultant, whose major work, 'The Marine World: A Natural History of Ocean Life,' has been published recently.

Frances will describe an immense three-dimensional living space inhabited by marine life that varies from the mundane to the bizarre. Its salty influence extends along river estuaries, over seashores, and inland with brine-laden spray.

Booking is not necessary for this event, we look forward to seeing you there!

### An Evening with Mike Dilger

Come along for an entertaining evening with Mike Dilger on Wednesday 11th December 2019 at 7.30pm.

Mike is a well-known face as a wildlife presenter, making regular appearances on the BBC's One Show and Inside Out. He is the author of numerous books, including Nightingales in November, Natures Calendar and Natures Babies.

Mike has a passion for both British and tropical wildlife and tonight he will share his tales of his extensive travels in the tropics.

Meetings are held at Brampton Memorial Hall, Thrapston Road, Brampton, PE28 4TB, starting at 7.30pm.

We are expecting this to be a very popular talk and would ask people to book in advance to ensure that they get a seat on the night. Bookings should be confirmed either at one of our autumn meetings or by contacting Alistair Grant on [alistairgrant@hotmail.com](mailto:alistairgrant@hotmail.com) or 07775365507.

Both events will be at Brampton Memorial Hall, Thrapston Road, Brampton, PE28 4TB starting at 7.30pm.

Please contact Alistair Grant for more information.



## HAPPY HOURS, Monday Club

Our Club meets on most Mondays in the Octagon building of Bar Hill Church and runs from 11am until 3pm with coffee, tea and light lunches. Our Winter lunch time menu starts in October and consists of soup and a roll or baked potato with butter (at £1.50 each) or filled baked potatoes (cheese, tuna mayo or baked beans at £2.50) or a ploughman's lunch (at £2.30 each).



Our aim is to provide friendship and companionship so why not come along and give us a try. You can have a good old natter, a game or two, or enjoy our other various activities. We would welcome new members.

### Coming up:

**4th Nov:** AGM followed by Play Your Cards Right

**11th Nov:** Mind and Memory Games

**18th Nov:** Club Birthday Party – MEMBERS ONLY - pre-booked

**25th Nov:** Christmas Carols

**2nd Dec:** Christmas Arts and Crafts

**9th Dec:** Club members only, pre-booked – Christmas dinner

**There is no meeting on the 16th, 23rd or 30th December**

Happy Hours starts again on the 6th January.

Anne Plumb, **01954 780364**

## HEALTH & WELLBEING CLUB

Held on the second Tuesday of the month between 2–4pm in Tesco Community Room. focuses on aspects of promoting and maintaining good health in every area.

We start with a chair based exercise activity followed by advice from Tesco's departments.

This is a unique and friendly group and is an ideal place to meet new people.

For further information, contact **Wendy Arrowsmith** on **01954 781381**.

## BLUE BIN SIDE WASTE

If you have extra recycling that needs to go out with your blue bin South Cambs DC in order to ensure it's collected please;

- Secure cardboard (tape or tie together) in one bundle which would fit inside the bin with the lid closed if there were space. Please don't leave it out in the rain!
- Put other recycling in one transparent sack. No black sacks
- Put any glass bottles and jars inside your bin, not the sack, for safety reasons
- If you always need to put out extra recycling, order a free extra blue bin via the South Cambs website



Hopefully this guidance will be useful in the run-up to Christmas which is the time of the year when a lot of additional waste is generated!



## THE BOBBY SCHEME

### Keeping Older and Vulnerable People Safe In Their Own Homes

The home is where people should expect to feel safe and secure - it is the one place where they have a right to feel safe! By visiting and securing the homes, the Bobby Scheme helps victims of burglary, theft and of domestic abuse and their children to remain in their home, to recover from the trauma and to begin the journey of moving forward, rebuild and take control of their lives.

Telephone **01480 413311** (Mobile **07866 602100**).

If you have been a victim of crime (Cambridgeshire Constabulary should ask if you want to be referred) and the visit is free, otherwise there is a £50 suggested donation to help cover the costs of the visit.

See [thebobbyscheme.org/](http://thebobbyscheme.org/) for more details.



We offer childcare Monday to Friday 9am-3pm, term time, for children aged 2-5 years.

We offer sessions through the government funding, including funded twos and accept childcare vouchers.

Our ethos is to ensure high quality care by focussing on each child's ability and interests, providing fun and exciting activities for children to learn and develop skills through play, in an inviting environment.

Our key-person and buddy system ensures every child is well supported by qualified staff who have a wealth of experience.

We work in partnership with parents and our online learning journals supports this by providing families with regular information on their child's development and next steps. Parents can upload evidence from home and add comments too.

In October we have been for walks in the local environment collecting Autumn leaves, sticks, feathers and conkers to use in our activities at the setting.

We have also introduced more recycling opportunities, within the setting, including collecting plastic bottles. We are recycling these at the local store for a coupon towards our fruit we eat as part of our snack!

If you are interested, please call us on **01954 782892** to arrange a visit or see our website; [www.barhillpreschool.co.uk](http://www.barhillpreschool.co.uk) for more information.

## RHYMETIME and STORYTIME

Bring your little one to Rhymetime or Storytime this month for the opportunity to help them develop their speaking and listening skills. There is no need to book; just come along and find out more about what your village library offers.

Rhymetime is for 0-3-year-olds and is held on Tuesday afternoons. Share with your baby or toddler in singing rhymes, and meet other parents and carers.

Storytime is for 3-7-year-olds, and is in the morning on the second Saturday each month. Bring your child to enjoy listening to stories, singing, and joining in a craft or colouring activity.

### Your dates for November

Rhymetime: Tuesday 5, 12, 19 and 26 November, from 2.15 to 2.45 p.m.

Storytime: Saturday 9 November, from 11 to 11.30 a.m.



## BAR HILL POST OFFICE

We are located in Bar Hill Library, open 9-5.30pm Mon to Fri and 9-12.30pm Sat.

We offer Royal Mail & ParcelForce services.

Ask our friendly, helpful staff for advice to make sure you're using the right service.

### Also Available:

Car Tax • Bill payments; • Banking services – cash/cheque deposits for all High Street Banks; • FREE cash withdrawals; • Foreign Currency – Euros in stock – other currency available to order with next day delivery; • Moneygram – safely send money abroad/UK; • Gas and Electricity key/card top-ups; • Mobile phone top-ups; • One 4 All Multi-store Gift Cards; • National Lottery, EuroMillions & Scratchcards; • Stationery and posting/packages items; • Cards and wrapping paper for all occasions; • Helium Balloons; • Basic shop items; • Sweets and chocolate; • Cold drinks; • Daily Newspapers – reserve your paper for collection; • Vaping Products; • Ice Creams

**PLEASE SUPPORT YOUR LOCAL POST OFFICE**

## WANTED: Occasional Dog Walker

A caring and responsible person to help with some occasional dog walking.

If interested please phone **01954 789243** Evenings/weekends

## BAR HILL COMMUNITY FOCUS

Our local **Community Car Scheme** here in Bar Hill is co-ordinated by Russell Brown, who took early retirement in 2015, and took over the scheme after the previous co-ordinator passed away. Russell had personal experience with Community Car Schemes after seeing the benefit in his own family after his father was unable to drive.

“Local schemes like this really help as people get older. I’ve lived here in the village for 30 years, and I’ve known many of my customers today throughout that time. We are all getting older, and schemes like this can really help people stay in their own homes, and their own community, for as long as possible.”

Russell currently fields the calls from potential customers, and after a quick check that they qualify during that first phone call, he then arranges the driver. Volunteer drivers are contacted by Russell, so drivers don’t need to worry about giving out their contact



numbers and being called directly. All drivers are DBS checked to ensure customers safety and peace of mind.

Our local scheme currently covers both Bar Hill and Lolworth offering trips for appointments to places like Addenbrookes or surgeries in Willingham and Over. The cost is 30p/mile, with a minimum charge of £3. Where there are additional charges, for things like parking, these also need to be paid by the customer. However, most hospitals offer free parking to Community Car Schemes and drivers are even able to use customers disabled blue badges (if available)!

A user must be unable to use other forms of transport to benefit from this scheme and yet must still be able to get into and out of the car themselves. Unfortunately, the Community Car Scheme can not cover drivers physically lifting people - other services like Dial-a-ride and Hospital Transport can offer more support.

Not sure if you qualify? Please call Russell on **07496 465330**, and he’ll talk to you about the scheme and can check on eligibility.

It is possible to be eligible if your condition is temporary (for example, to attend hospital for an eye appointment).

If you’d like to join the scheme as a volunteer driver, then Russell is very keen to hear from you! The more drivers that are available, the more journeys that can be supported. Most insurance companies will cover “volunteer driving” as part of the standard policy. The Association for British Insurers - ABI - has the details on their website. Training and ongoing support are provided as part of the role. The County Council also supports the scheme by paying an additional 15p/mile to drivers.

The Community Car Scheme operates as part of the Care Network ([care-network.org.uk](http://care-network.org.uk)), and more information is available on their website.

Is there a voluntary organisation here in Bar Hill that you’d like to see featured for next month?  
If so please contact the editor via email [bhneditor@yahoo.com](mailto:bhneditor@yahoo.com) or on **07814 871752**.



## Bar Hill Community Car Scheme

Offering low cost transport services to those who cannot drive or who have poor access to buses.

The scheme can provide transport for doctors and hospital appointments as well as for visiting friends and family.

The cost is currently 30p per mile with a minimum spend of £3.

Please call Russell on **07496 465330** for more details.



## 8 O'CLOCK CLUB

We are a women's group that meets on the first Thursday of the month in the lounge at the school at 8pm. The cost is £10 for the year plus 50p each month to cover the raffle and coffee.

We have a variety of speakers as well as an annual garden party, birthday party and Christmas meal. Our upcoming meetings are as follows:-

7 Nov - Amanda Sutherland - My Creative Journey

5 Dec - Christmas Meal (Members Only)

If you'd like further information please phone Barbara: **01954204171**, Adela:

**01954204265**, Ann: **01954204687**, or come along to one of our meetings. We'd be very pleased to meet you.

## THE ROYAL BRITISH LEGION

We meet on the 4th Thursday of each month in the Meeting room of the Octagon at 7.30pm. You do not have to have served in the Forces to join the Legion.

If you would like to find out more about the Royal British Legion in Bar Hill please contact either Malcolm Cox

on **01954488657** or Wendy Arrowsmith on

**01954 781381** or come along to the next meeting.



## FRIENDS OF THE ROSIE

We hope all our supporters are looking forward to Christmas. We are helping to get you all ready for winter with our selection of hand knitted clothes for all ages.

We are continuing to make the Rosie a more comfortable environment for mothers and babies. For up-to-the minute information follow Rosie in Stitches facebook page. See below for where you can shop with us again.



### Tea Bar, Rosie Hospital Outpatient Clinic

Monday to Friday 9am to 4pm

### Bar Hill Community Market

10.30am to 2pm

Saturday 2nd November

Selling hand knitted clothes for all ages

We always need help in the Tea Bar in Clinic 21 for a few hours a week or on an occasional basis. At present we do not have a regular volunteer for either Monday afternoon or Thursday morning. We also require occasional volunteers to help when a regular volunteer is unable to help due to holidays/illness etc.

Please email [annlaskey@icloud.com](mailto:annlaskey@icloud.com) if you would like to volunteer.

New members are always welcome, whether to contribute financially, to join our team of knitters, provide transport for our volunteers, display a small selection of our wares or to help on the Rosie tea bar. Contact Mary Sanders on 01223 356615 further details are given on our website

[www.rosieinstitches.org.uk](http://www.rosieinstitches.org.uk).

Thank you for your continued support

## BAR HILL BOOK CLUB

Meets last Tuesday in the Month at 7.30pm in the Bar Hill Sports and Social Club.

Please join our friendly group, we offer a lovely welcome, good company and great book choices. Let me know if you would like to join us and I will arrange a warm welcome.

[sheilafarrar@hotmail.co.uk](mailto:sheilafarrar@hotmail.co.uk)

Tel/Text: **07920 558319**

## THE CATHOLIC CHURCH

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#### HOME VISITS

I am happy to bring communion to the house bound Catholics. I also visit people at the end of their lives, of any religion or none, who would welcome support or are distressed spiritually.

Contact Jean: **07841 397 338**, Catholic Eucharistic Minister. Associate Member of the Hospice Chaplaincy Team.

#### ROSARY

We meet again at 2pm on Friday 6th September. Nevertheless, we encourage you not to stop praying for our neighbours in Bar Hill.

### The Catholic Church Serving Bar Hill

Hills Road, Cambridge

Parish Priest: **Fr Adrian Gates** (Hospital Chaplain (Resident in Ditton)

[adrian.gates@rcdea.org.uk](mailto:adrian.gates@rcdea.org.uk), 01223 622690)

Contact: **Bunty Waters** (Tel: 01954 201421)

Mon, Wed, Thur, Fri 8am & 12.15pm

Tuesday 8am & 7.30pm

Saturday 6pm: First Mass of Sundays

Masses in the Parish Church in Cambridge; also 5pm at Cambourne and **6pm at The Octagon, Bar Hill.**

Holydays of Obligation 8am, 10am, 7.30pm

#### Sacrament of Reconciliation

Tuesday 6.45pm (not after Mass)

Saturday 10.30 - 11.15am, 4.30 - 5.15pm.  
7.00 - 7.45pm

Details of other services are published in a weekly newsletter available at the 6pm Mass each Saturday. Copies are also available in the Church Centre.

### FOR SALE: Smart car (City Pulse 61 semi auto),

year 2005, colour lime green. 698cc, 63,202 miles on the clock (re-con engine in 2014), no MOT. Good condition, clean throughout (ideal for runner around or project).

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### Bar Hill Twixmas Party!

Seniors, that's over 55s of Bar Hill, you are invited to a Twixmas party in Bar Hill Church, Octagon building, on Saturday December 28th from 1.30pm til 3.30pm. A party buffet, 60s music, dancing and, maybe, party games. A chance to get together with old friends and/or make some new ones.

This event is the first joint venture by Knit and Natter and Happy Hours and is free but donations can be made.

If you would like to attend please call Sue Kenchington on **01954 780260** to book your place as places are limited.

### Bar Hill PTA

The PTA is very active in fund raising for the school. We are always looking for new members. If you would like to join us please contact [PTA@barhillprimary.org](mailto:PTA@barhillprimary.org).

Upcoming events:

- Every Friday after school in the playground tuck shop and second hand book stall
- Tuesday 29th October at 7.30pm in the social club for anyone who would like to help on firework night (with donation buckets and crowd marshalling).
- Tuesday 5th November fireworks night from 6pm. Licensed bar, BBQ and stalls.
- Christmas raffle. Tickets will go on sale before October half term and will be drawn Friday 13th December.

Fireworks went extremely well last year and this year we are hoping to make it even better! We are looking for donations of books, toiletries, anything for hampers! Please drop off in the office FAO PTA or email, as above, and we can collect.

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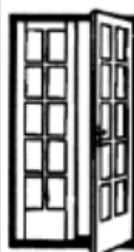
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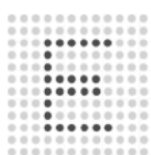
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Email: [fendraytonlakes@rspb.org.uk](mailto:fendraytonlakes@rspb.org.uk)

Phone: **01954 233260**

Visit: [rasp.org.uk/fendraytonlakes](http://rasp.org.uk/fendraytonlakes)

The Royal Society for the Protection of Birds (RSPB) is a registered charity: England and Wales 207076, Scotland SC037654

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If you require any further details please contact Barbara on **01954 204171**.



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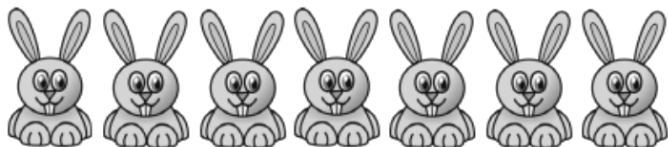
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## BAR HILL CHILDMINDERS

Bar Hill Childminders work as a close network of childcare professionals who offer a warm, friendly and loving home from home environment. We use the comfort of our homes as a base and can also offer your children day trips, outdoor experiences and taking part in local groups/community events.

We offer flexibility in working hours to suit you and your child's needs rather than set session times.

Your child will receive individual attention and care as we progress them through the EYFS curriculum - child led play as well as structured activities will encourage them to grow and learn at their own pace, focusing on each child's individual needs.



Before/after school and holiday care for school aged children is available and leaves the stress out of your busy mornings and evenings.

We are Ofsted registered and inspected with 'Good' and 'Outstanding' inspection outcomes and are fully insured. We have access to childcare qualifications including level 3 in childcare. We all hold Paediatric First Aid certificates.

Our Tuesday 'Little Bunnies' toddler sessions are now closed but we look forward to welcoming children (0-5yrs) with their parents/carers on our Thursday morning sessions as usual (term time only—9.45 - 11.15 am in the Octagon, £1.50 for one child under one, £2.50 for one child over one and £3.50 for 2 or more children) - here we offer a wide range of activities, singing and lots more! Some of our Childminders are now registered to offer Government Funded places for Children aged 3 & 4 years old, 15-30 hours per week - 'Universal' and 'Extended', (+ qualifying 2 year olds). The funded hours each week can be shared between a Childminder and your child's Pre-School and/or Nursery.

Below is a list of our Childminders - those who offer government funding have an F before their name:

F	Kirsty	07584 168909	(spaces)
F	Jacky	07718 447998	
F	Melanie	01954 204496	(spaces)
F	Terri	07846 018714	
F	Kirsten	07906 218070	
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## **CAMBRIDGESHIRE HEARING HELP ARE LOOKING FOR VOLUNTEERS IN BAR HILL**

Cambridgeshire Hearing Help is a charity that provides NHS hearing aid maintenance and hearing loss information and advice in the heart of local communities. This work is a lifeline for those who face barriers to accessing mainstream audiology services because they are older, frail, have other disabilities and/or live in rural areas.

If you live in or around Bar Hill and are looking for an enjoyable volunteering role through which you can meet others, feel part of a supportive team (many of whom have shared experience of hearing loss) and enjoy the rewards of helping those in need in your local community, please do get in touch!

No experience is required as full training and support will be given. All you need is good dexterity and eyesight (with glasses).

[cambridgeshirehearinghelp.org.uk](http://cambridgeshirehearinghelp.org.uk)

Tel: **01223 416141**; Text: **07852 699196**

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## **Surplus Christmas Decorations?**

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Please deliver to Jo Hall, 11 Almond Grove  
**(01954 780304)**.

## **Highways Issue Reporting**

Any issues relating to roads, paths, drains, cycleways, bridleways, including potholes, sunken paths, weeds round perimeter road etc are the responsibility of the County Council and must be reported on their website for the work to be done.

Please plot the location of the problem carefully on the map that comes up on this website; <http://bit.ly/ccchighwaysFault>

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[maplesurgery.enquiries@nhs.net](mailto:maplesurgery.enquiries@nhs.net) or contact the surgery on the number above.

Cambridge Hearing Help sessions are held on the 4th Tuesday of every month. These are free sessions for anyone needing advice on hearing loss.

## **BAR HILL COLTS**

The Sharks are the Bar Hill Colts' most recent team and provide football in the village for girls and boys aged 5-7 (School Years 1 and 2). We started in March this year and attract upwards of 15 kids for our regular Saturday 9-10am slot on the AstroTurf.

We put a lot of effort into providing a fun environment for the kids to play football in - probably best exemplified by their favourite drill being one we call "SpongeBob SquarePants"! - and encourage players to try their best with the award of a 'Star Player' trophy each week. The children loved getting a taste of action in a couple of tournaments during summer and we are now gearing up to join the Under 7 league after Christmas, for those aged 6+. If your child is interested in joining the Sharks please contact us on 07960064472. We are looking for a coach to take on the Year 1 children from after Christmas. If you are interested then please get in touch.

Thanks, Pete, Ben and Daniel.



## Council Funded Health Checks

As part of its responsibility for Public Health, the County Council funds the free NHS health checks that are offered to residents aged 40-74 years. These checks help to detect health issues at an early stage - before they do any real damage - and include monitoring of blood pressure, weight, cholesterol level and lifestyle factors that influence health. They provide an indication of the individual's risk of suffering heart or kidney disease, diabetes or stroke and advice is offered to reduce that risk. Advice is also given to over 65s about the signs and symptoms of dementia. 20,500 checks were carried out across Cambridgeshire and Peterborough between April 2017 and March 2018 - an increase of 14% over the previous year. A check takes only 20-30 minutes and this small investment of time offers the opportunity to learn about the lifestyle changes that can make a big reduction in the risk of dying early as a result of these conditions. Those aged 40-74 not currently diagnosed with a long-term health condition are recommended to have a check every 5 years. Appointments should be made through your GP. Further information: <https://www.cambridgeshire.gov.uk/be-well/resources-and-campaigns/nhs-health-checks-programme/>

## Additional Government Funding for Social Care

The County Council's share of Government's additional £1.5bn short term funding for social care is expected to be worth £9.6m and will be used across both adults' and children and young people's social care services. Whilst this is welcome news and reflects the hard work that has gone into lobbying, it doesn't address longer term budget gaps and the continuing underfunded position of Cambridgeshire. £500m of the allocation is expected to be raised locally through the extended option

for local authorities to raise 2% from the adult social care precept. Meanwhile the Council continues to innovate to deliver quality services and manage its financial situation to provide value for money for all those needing care and support. It is currently piloting a scheme called Neighbourhood Cares in Soham and St Ives. More information: <https://www.youtube.com/watch?v=yvyE1HqCMJk&feature=youtu.be>

## Consultation - Adult Social Care Charging Policy

The Council is currently consulting on proposed changes to its policy and has written to all those who may be affected by the changes to ask for their views.

The consultation is open for comments until 15 December 2019. Please do respond if you or someone you care for is affected: <https://www.cambridgeshire.gov.uk/residents/adults/adult-social-care-charging-policy-consultation/>

## Household Recycling Centres - e-Permit Scheme

The new van and trailer e-permit scheme is now operating. Almost a thousand applications for permits were received in the first few days of the scheme's launch and all 9 household recycling centres, using specially provided mobile devices, have successfully registered the attendance of vehicles under the permit scheme. Permit applications can be completed online at [www.cambridgeshire.gov.uk/hrc-permits](http://www.cambridgeshire.gov.uk/hrc-permits) or by telephoning the Customer Contact Centre, **0345 045 5207**.



## **Winning short story from this year's Fete and Festival:**

Abigail Tod – aged 10

It was a Friday night. A dark, gloomy, eerie night. Rain poured down on me, my town, my country – possibly even the world. I was darting back from the place I will never visit again, my worst regret. The weather read my mind. It was bad, I was bad. At least that was what other people thought. I can hardly bare to remember the past events of the night; they will haunt me now and forever. I shall always be known as 'the betrayer', here and where I may travel. My parents, who never loved me, will be glad to hear the news that I have left. They will shout, 'Good riddance, BAD BOY!' as I set off into a journey of the unknown. Now, here I am. A stranger with no friends, no family, no home. Yet, I still wander back to the place where it happened and wonder; was it really my fault? As I wonder, I shall recall the events that happened this evening. Perhaps you can help me discover the truth? The truth about the murder in the marshes. .

It happened yesterday evening, when I was taking my girlfriend out. My girl, Sophie, was having the time of her life! After we had finished at the restaurant, I took her out for a walk in the forest. We wound our way through the trees and emerged at a clearing. It was beautiful. Lights glowed in the looming darkness surrounding us. We decided to return once we discovered the beauty of our beloved city. Stumbling through the twilight, we scrambled back through. FINALLY, we got out of the forest.

Then it happened. I can hardly bare to tell you. We were in the middle of a marsh; the most suitable place for a murder. Suddenly, I heard a rustle coming from one of the bushes. Afraid, I spun around. Nothing. There was nothing. What was I frightened of? There it was again. This time, I shoved Sophie down. I didn't want her to get hurt. Moments passed, and I saw a figure move between the threes. Then, I heard a noise that chilled me to the bone. A gunshot! But not a distant one, no, it sounded as if someone was firing . . . as US.

There it was again. Suddenly, a man leaped out of the bushes and took another shot. I tackled him to the ground, and one of his guns fell out. I grabbed it before he did and aimed at him. Stumbling, he tumbled backwards into the black abyss. Aiming the gun, I shot into the unknown. A deafening scream pieced through me. I rushed between the bushes to find the murderer splattered in blood. But I didn't find the murderer. I found Sophie. Tears splattered down as she took her final breaths. Something moved in the bushes. Something with a gun . . . I was too sad to notice. Now, here I am. So there you have it. The murder in the marshes. My worst regret.

**Bar Hill Fete and Festival Committee are so proud to have such a budding writer as part of our community. We look forward to seeing more talented individuals showing their literacy skills in next year's competitions!**





## Creative Connections: Portraits of Women Scientists and Artists

Anne-Katrin Purkiss has taken photographs of people for over thirty years, portraying individuals from many disciplines and professional backgrounds. This exhibition brings together a selection of her portraits of scientists and artists to highlight the breadth of women's achievements in both fields. All the artists in the exhibition have work in the New Hall Art Collection that can be viewed across the college. The aim is to highlight the inter-connectedness between the arts and sciences and the creativity that drives both practices.

Anne-Katrin Purkiss is an independent photographer based in London. Her work is held in the National Portrait Gallery, the archives of the Royal Society, the Royal Academy of Arts and Tate.

### Enquiries and booking

Admission is free, No need to book.

Enquiries: Harriet Loftier  
art@murrayedwards.cam.ac.uk

### Timing

10:00am-6:00pm daily until 29-Feb-2020

### Venue

Please ask at the Porters' Lodge for directions to the exhibition;

Murray Edwards College  
New Hall Art Collection  
Huntingdon Road  
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CB3 0DF



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## HEIDI ALLEN MP NEWSLETTER

2 Mill Yard, Childerley, Dry Drayton, Cambridge, CB23 8BA



Politics at a national level has dominated our headlines over the past few months but locally, I want to ensure that the issues of education, healthcare and big infrastructure changes don't get drowned out. I benefit greatly from hearing your views at my continuing pop-up surgeries. Please come along to share your thoughts or concerns with me.

At one of my recent surgeries, a brilliant young constituent approached me to raise the issue of plastic pollution both at a local and national level. During the summer holidays, I also received some articulate, thoughtful and beautiful letters from pupils at Hardwick Primary School on the same topic. The environment and how we care for it has gained traction recently and I'm determined to support local and national initiatives that legislate for more change, more quickly. We can all do our bit, with even minor changes having big impacts as I learnt when I visited an Eco Home as part of Open Eco Homes. The two constituents living here had retrofitted their house with ecological improvements, thus reducing their carbon footprint by over 60%. If you'd like to find out how your house might benefit, visit [cambridgecarbonfootprint.org](http://cambridgecarbonfootprint.org). The quality of the Hardwick pupils' letters reminded me of how fortunate we are to have some brilliant teachers and leaders in South Cambs. I recently met with the

County Council's Director for Education, Jonathan Lewis to understand how the new funding formula might affect South Cambs. Schools will see an uplift but the sector as a whole needs more funding. I'll continue to push government for this whilst the funding formula is rolled out. At the other end of the education spectrum, I also counter signed a letter from 93 MPs to Chancellor Sajid Javid urging him to boost education funding for 16 to 18 year olds.

South Cambs is blessed not only with inspirational educationalists but with exceptional healthcare workers and I spent a brilliant day with the Women and Children's Services Unit at CUH learning about plans for the new children's hospital. This superb new facility is proposed to open in 2023 and will house many of the outstanding staff at CUH currently treating very poorly children with outstanding skill and care. Staff remain the backbone of our NHS and I was delighted to share in the vision of future GP services at the inaugural Primary Care Innovation Academy weekend organised by Cambridge University and Granta Medical Practice. This platform allows GPs to become leaders of the future, delivering services that are truly innovative and beneficial for our local communities. We need to ensure that we retain experienced GPs as our primary care evolves and I recently wrote to the Chancellor and Health Secretary demanding they look at ways to retain this talent within our NHS.

As ever, my newsletter can only provide a snapshot of my work but if there is anything you would like to talk to me about, please visit my website for details of my upcoming surgeries. In the meantime, if you would like to contact me, see my details below. My team and I are always available to help constituents with any concerns.

I look forward to sharing more news with you next month.



If you would like to contact me, please email [heidi.allen.mp@parliament.uk](mailto:heidi.allen.mp@parliament.uk), call my office on **01223 830037**, follow me on Twitter: [@heidiallen75](https://twitter.com/heidiallen75), or visit my website [heidiallen.co.uk/](http://heidiallen.co.uk/)

## Willingham Surgery News

All patients now have access to NHS 111 online at 111.nhs.uk, as well as over the phone.

Just like the phone service, NHS 111 online takes you through questions about your symptoms to receive tailored advice on what to do next and where to go, and if necessary, can arrange for you to speak to a healthcare professional.

You can access NHS 111 online on a smartphone, tablet or computer - 24 hours a day, 7 days a week – and if needed you will be connected to a nurse, emergency dentist or GP.

So, if you think you need urgent medical help, call NHS 111 or visit 111.nhs.uk.

### **Don't swallow up your NHS - use it wisely this winter**

Winter illnesses such as colds and coughs, sore throats, and upset stomachs can easily be treated at home. Winter self care essentials include:

- pain relief (paracetamol)
- cough and sore throat remedies
- first aid kit
- upset stomach treatment
- rehydration treatment
- heartburn and indigestion treatment

Having these winter essentials at hand will not only save you time and help you to feel better quicker, but help save the NHS much needed resources.

### **Carers Support Meetings**

Meetings held on the first Wednesday of every month. If you are a carer, please pop along and get some support from other people in the local community.

Refreshments provided no need to pre-book and completely FREE! Please contact Sue Lawson at the surgery or email her at [susan.lawson7@nhs.net](mailto:susan.lawson7@nhs.net) for more information.

### **Cambridgeshire Hearing Clinics**

The next Hearing Aid Clinics at Willingham Surgery are on 20th November & 18th December from 2:00pm-4:00pm. No appointment necessary, just pop along for your free NHS hearing aid batteries.

## Dog Barking Too Much?

All dogs bark sometimes, it's perfectly natural. But when they bark a lot over a long period of time they can become a noisy nuisance to neighbours.

If the problem has gone on for too long and has caused a lot of upset, your local authority's environmental health department can formally ask you to stop your dog from continuing the behaviour, and if you don't, they can take your dog away from you.

Usually, when dogs bark persistently over a long period of time, it is because they are distressed. Common reasons include being left home alone for too long, because they want attention, or because they are worried by something.

Blue Cross recommend contacting a qualified behaviourist to help you resolve the underlying issue.

### **Reporting Barking Dogs**

If you have a problem with a barking dog in your area, call **03450 450 063** for the Environmental Health section. When you do contact them it would be helpful if you provide your name and contact details so you can be kept fully informed and up to date with your enquiry.

Alternatively you can email them on [env.health@scambs.gov.uk](mailto:env.health@scambs.gov.uk).

**South  
Cambridgeshire  
District Council**

## GIRLGUIDING IN BAR HILL

Helpers needed for Brownies

Being a Leader, Assistant Leader or Unit Helper is one of our most

rewarding roles as you get to work directly with girls, supporting and helping girls to grow into confident young women.

If you would like to join in the fun, please email us at [barhillguiding@icloud.com](mailto:barhillguiding@icloud.com).







**CAMBRIDGESHIRE  
FIRE & RESCUE SERVICE**  
*Working together to improve community safety*

## Remember To Celebrate Safely!

Bonfire Night can be plenty of fun for all of the family to enjoy, but with lots of potential hazards, it's really important to keep you and your family safe.

Help support your local community this year and go to an organised firework display instead of holding one at home. If you do plan on using fireworks or lighting a bonfire at your own home however, please ensure you consider our safety advice below:

### Fireworks:

- Only buy fireworks marked BS 7114
- Light fireworks at arm's length using a taper, stand well back and never go back to a lit firework
- Never throw fireworks or put them in your pockets or clothing
- Light sparklers one at a time wearing gloves, and place used sparklers in a bucket of water
- Never give sparklers to children under five
- It is illegal to sell fireworks to someone under the age of 18 or to light fireworks in a public place
- For more information on Firework Safety, visit: [www.hse.gov.uk](http://www.hse.gov.uk)

### Bonfires:

- Do not light bonfires in unsuitable weather conditions, particularly when windy
- Do not leave bonfires unattended
- Keep a bucket of water or a hosepipe handy just in case
- Build bonfires well clear of buildings, garden sheds, fences and hedges
- Never use flammable liquids to start the fire
- Never burn dangerous rubbish such as aerosols, paint, foam furniture, rubber tyres, batteries, etc
- Before you light the bonfire, check that children and animals are not hiding inside and are a safe distance away

- Always consider the location of a bonfire or firework display, smoke drifting near or on to roads can have devastating consequences. Follow us on Facebook, Twitter and Instagram. To find out if you are eligible for a free home fire safety check, call 0800 917 9994.

For more information log on to [www.cambsfire.gov.uk](http://www.cambsfire.gov.uk), follow us on social media or call **01480 444500**.

## Volunteers Required



Would you be able to give emotional and practical support to families and witnesses attending Inquests?

Volunteers are required to join an existing team in Huntingdon and Peterborough Coroners' Court. You must be able to commit to 2 full days a month (9-5) and have excellent listening and communication skills.

For further information or an application pack, please email [info@ccsupport.org.uk](mailto:info@ccsupport.org.uk) or call **07496 613634**

Reg.Charity No. 1105899

## THE ALLOTMENT SOCIETY

Are you interested in growing your own vegetables, fruit or flowers? Why not try an allotment?

**Call Jeni, our Plot Allocator, on 07979 351119 for further information.**



## COUNSELLING

Depression, Anxiety, Stress, Bereavement, Addiction, Couples, etc.

Experienced counsellor practising at The Maple Surgery. Immediate appointments available.

Telephone Mark on **07905 833288**.  
[info@thecambridgecounsellor.co.uk](mailto:info@thecambridgecounsellor.co.uk)  
[www.thecambridgecounsellor.co.uk](http://www.thecambridgecounsellor.co.uk)



# NOVEMBER PUZZLES AND GAMES

NOVEMBER 2019

BHm 11 19

A	M	A	H	A	I	N	O	L
A	N	Z	H	A	M	O	R	G
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C	K	I	I	N	E	O	T	H
C	R	I	I	N	E	P	E	T
E	L	L	I	N	G	R	C	L
E	R	D	L	C	L	S	A	I
E	R	S	N	C	O	S	T	O
G	A	B	N	E	T	T	O	W

		L				N		
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		I				O		
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**AIM:** Place the '27 three character tiles' in the left -hand grid TO the CORRECT spaces in the right hand grid relating to FABRICS containing NINE letters horizontally in alphabetical order.

## Updated Walk Details

Cambridge Pinks, the regional group for Breast Cancer Now, will be hosting their third walk



along the tow path from Milton Country Park to Cow Hollow Wood and back again.

After the heavy rain during the night of 5th October and an assessment of MCP (which had big muddy puddles) and more rain forecast for later in the day we decided to postpone our walk. This is the first year we have had to postpone due to weather, so have been lucky up to now.

We have rearranged our walk and we would love to have you all join us at 11am on Sunday 17th November to show that we have people affected by breast cancer at our heart. Help us raise money to fund research and provide support for today and hope for the future.

If you would like to know more, please email [avrilwilliams04@gmail.com](mailto:avrilwilliams04@gmail.com) or

[jo@hartmcleod.co.uk](mailto:jo@hartmcleod.co.uk) for our registration form.

## CROSSWORD

1		2		3		4		5
6								
7		8				9		
10								

Across- 1.hand-held fireworks. 6.he is remembered on 5-11. 7.delight. 10.fatigue.  
Down-1.imply. 2.unquantified amount. 3.shaped (of flints). 4.moose. 5.ways of work etc. 8.river rising in Belgium. 9.North Yorkshire river.

**October Crossword Solution:** Across- 1.hermitage. 6.Lancaster. 7.abseiling. 10.decreases. Down- 1.halyard. 2.run. 3.imagine. 4.act. 5.enrages. 8.sec. 9.ifs

## GIRLGUIDING IN BAR HILL

Did you know that Bar Hill has FIVE different Guiding units, with more than 100 young members? We have two Rainbow units for girls aged 5-7, two Brownie units for the 7-10, and Guides aged 10+. Each unit meets weekly during term time for a wide variety of activities.

The RAINBOWS all spent their summer evenings learning adventurous camping and outdoor cooking skills. Away from the routine meeting place, they had a fabulous sleepover at Shepreth Wildlife Park, getting up close to the animals there. They also took part in our County's Teddy Bear Trail at the Jarman Centre. Plans for this term include trips to Gulliver's Land and Cadbury World. They've also been helping others by filling Christmas gift shoeboxes for older people and donating winter clothing and food to the homeless..

Busy BROWNIES have been earning their First Aid badges and doing many practical things from clay crafts, to using hammers & tools, to making bath bombs. They had an overnight trip to the glorious surroundings of the Reedcutters' Village at Hautbois Adventure Centre near Norwich, for a full day of watersports. Other Brownies got to camp at the Jarman Centre after a full day of camping crafts & games. This term, they're exploring what the Promise means, celebrating Guiding traditions whilst also enjoying the new modern badge activities. Both units are planning night hikes, so we're hoping for good weather!

GUIDES have been on international travels, with members participating in trips to Hungary, Ireland, USA and Canada in 2019. Girls decide their own programme together and have been exploring everything from how to transport an injured person by foot, to outback survival and traditional baking. The girls enjoyed a sleepover at a wildlife park and made the most of the weather during the summer term. Moving to the winter term they will be heading to PGL for some multi-activities such as high ropes, abseiling, raft building and much more, as well as looking forward to Wintercamp. The units do come together for shared activities too: we're currently preparing for



our annual Christmas workshop. Looking further ahead, all Bar Hill units will join together for a District campfire, as well as participating with other Guides of all ages from across the county for a full day of STEM (Science Technology Engineering & Maths) activities at Ely College.

We've all been involved in Girlguiding's national campaigns, most recently the 'Pass On Plastic' event which encouraged everyone to make a #PlasticPromise to reduce single uses of plastics. One of our leaders had the idea to transform HDPE milk bottle lids into Christmas tree decorations. Instructions have since been shared with other units across the whole country!

Each unit operates their own waiting list for spaces, so if you have a daughter who would like to join in the fun, do contact us on the email below. We need extra adult helpers to continue to provide this amazing programme. If you are interested in engaging and inspiring young women, you can be assured of a very warm welcome.

Email: [barhillguiding@icloud.com](mailto:barhillguiding@icloud.com)

## CRAZY DOG LADY PET SERVICES

Services include:

**Dog walking**

**Other pets and puppy pop-ins**

**1-2-1 training**

Friendly, Reliable, Fully insured, DBS checked, APDT trained.

For more information and prices visit [www.crazydogladyservices.co.uk](http://www.crazydogladyservices.co.uk) or call Sarah on 07913 690021



## Upcoming Events

Date	Event	Pag	Where	Time
Oct 29	PTA: Fireworks Night Helpers (All Welcome)	15	Sports & Social	19:30
Oct 31	NWR Poland	10		20:00
Nov 2	Kids Halloween Disco	9	Sports & Social	17:00
Nov 2	Community Market	1	Church	10:30
Nov 4	Happy Hours: AGM + Play Your Cards Right	11	Octagon	11:00
Nov 4	Bar Hill Pre-School AGM	12	Pre-School	19:30
Nov 5	Fireworks Night (Bar Hill PTA)	15	Sports & Social	18:00
Nov 7	8 O'Clock Club: My Creative Journey	14	School	20:00
Nov 9	Storytime	12	Library	11:00
Nov 10	Remembrance Sunday	7	Church	10:00
Nov 11	Happy Hours: Mind and Memory Games	11	Octagon	11:00
Nov 12	Village Fete Organising Committee Meeting		Sports & Social	19:30
Nov 12	Health and Wellbeing Club	11	Tesco	14:00
Nov 13	Wildlife Trust: The Marine World Talk	10		19:30
Nov 14	Village Hall Annual General Meeting (AGM)		Village Hall	19:30
Nov 15	Bar Hill News Article Deadline	1		
Nov 16	Rat Pack/Michael Bubl�/Robbie Williams Tribute	9	Sports & Social	
Nov 16	Olive Tree Bereavement Support Group	6	Church	10:30
Nov 17	Cambridge Pinks Charity Walk	38		11:00
Nov 18	Family History Sessions	10	Library	
Nov 20	Messy Church	6	Octagon	15:15
Nov 23	Bring Your Own Craft Group	6	Octagon	14:00
Nov 25	Meet Your (Parish) Councillor	5	PC Offices	10:00
Nov 25	Happy Hours: Christmas Carols	11	Octagon	11:00
Nov 26	Bar Hill Book Club	14	Sports & Social	19:30
Dec 2	Happy Hours: Christmas Arts and Crafts	11	Octagon	11:00
Dec 6	PTA: Personalised Letter from Santa Deadline	3		
Dec 7	Christmas Market	1	Church	10:30
Dec 7	Italian Food Night	9	Sports & Social	

Day	Event	Pag	Where	Time
Fri	Indoor Carpet Bowls	28	See page	19:30
Mon	Sing It Out/ Community Chor	4	Octagon	19:30
Thur	Knit & Natter	6	Octagon	1:15
Tues	Rhymetime	12	Library	2:15
Wed	Coffee Stop	6	Library	10:00
Wed	Art Group	6	Octagon	10:00
Wed	Bar Hill Health Walks	9	Doctors	10:30
Wed	Wednesday Wander	28		10:15
Wed & Fri	Playpals Baby and Toddler Group	30	Octagon	9:45

**Comments? Questions? Anything you'd like to see? Anything you don't think is particularly useful?**

**Please fill in our survey; <http://bit.ly/BHNSurvey>**

